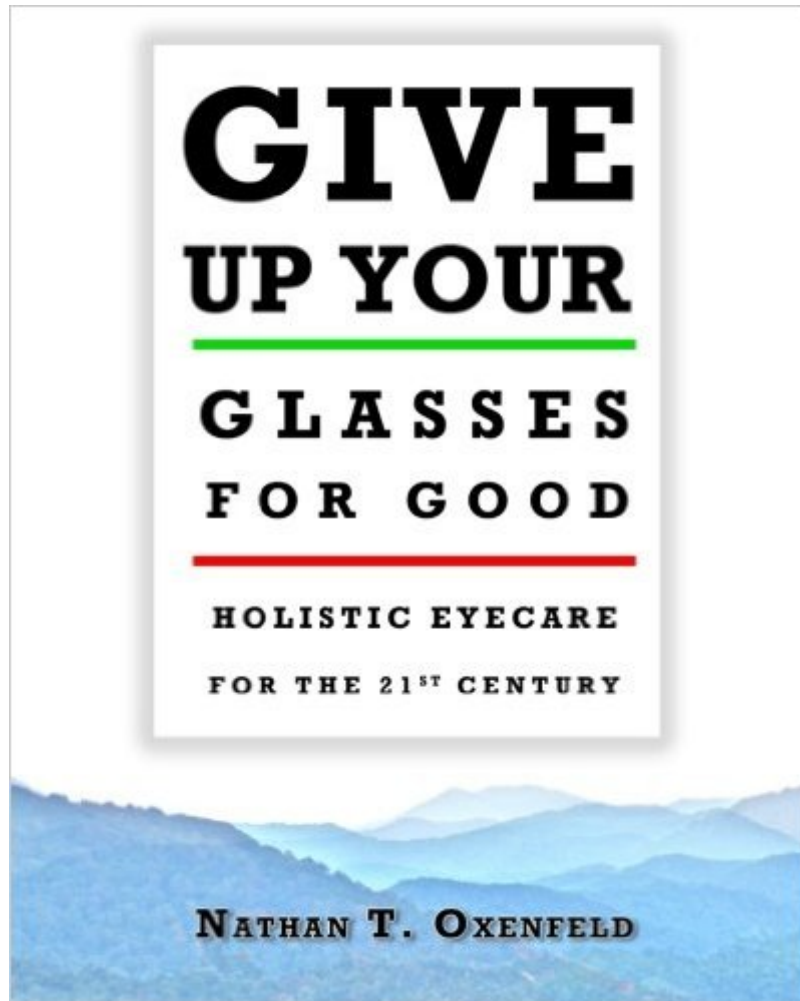


The book was found

Give Up Your Glasses For Good: Holistic Eyecare For The 21st Century



Synopsis

Give Up Your Glasses for Good is a step by step self-healing course that teaches you how to improve your vision naturally. Heal your own eyes holistically with this comprehensive workbook that includes over fifty vision enhancing practices and dozens of eye charts and reading that can help decrease eyestrain and increase clarity. Sit back and relax as you watch your vision return to its original state; a state of equilibrium, ease, and auto-focus. Nathan T. Oxenfeld is a certified teacher of the Bates Method, Yoga, and Meditation. He skillfully blends these three together to form this dynamic and relevant course that helps people of all ages address the underlying root causes of vision problems instead of just treating the symptoms. Whether using this book as a way to prevent future vision problems or as a way to reverse current vision problems, healthier eyes will always be the result. Maintain healthy eyes and maintain the birthright of healthy vision for life.

Book Information

Paperback: 240 pages

Publisher: Naked Eye Publishing Company, The; 2 edition (February 1, 2015)

Language: English

ISBN-10: 0986395315

ISBN-13: 978-0986395314

Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #1,036,251 in Books (See Top 100 in Books) #197 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems

Customer Reviews

I have purchased a few vision improvement books from . Most of them contain a lot of backstories and quotes. Most have their own angle on how you should improve your vision (mainly how it helped them improve their vision to write a book about it). I decided to buy this book based off of the authors YouTube videos. His presentation shows a lot of knowledge and passion about the subject. Furthermore, the tutorials on some of the vision exercises (long swing) are very on point how you should do them. Receiving this book recently, I read the introduction and skimmed the vision improvement material and I can tell you all exercises have their own page with a description of how it will help. The way the book is set up is perfect for someone getting into vision improvement. This book has a lot of material obtainable online, but the instructions are not as clear and concise as this

book, which is why I would recommend this book as your first book. My take on vision improvement: you really need to be open-minded and dedication/motivation/time on doing the exercises/drills. If you are familiar with meditation, yoga, deep relaxation, you will advance faster than others. This book just solidified a lot of ah-ha moments I had when doing some of the vision exercises BEFORE reading this book. UPDATE 3 months-After going 1 month strong of morning routine exercises, the motivation fizzled after my eye exam which said my vision has not changed. I still practice here and there throughout the day though. Just not as dedicated. Personally I feel my vision is getting better, it's just feels like it is teeter tottering between blurry and clear. I'll still continue and practice because I do feel it makes a difference.

While RELEARNING TO SEE, works as a textbook, this book is a course workbook. Each week's practices build on the previous week's. The author also has demos on youtube and offers classes and consultations via Skype. Highly recommend if you want to restore your vision to what it was as a child.

Well written, well researched. Concise, but chock full of good info. Nate Oxenfeld is good people.

[Download to continue reading...](#)

Give Up Your Glasses for Good: Holistic Eyecare for the 21st Century Tomart's Price Guide to Character & Promotional Glasses Including Pepsi, Coke, Fast-Food, Peanut Butter and Jelly Glasses; Plus Dairy Glasses & Milk Instrumentation for Eyecare Paraprofessionals (The Basic Bookshelf for Eyecare Professionals) Roget's 21st Century Thesaurus, Third Edition (21st Century Reference) The Lodge Officer's Handbook: For the 21st Century Masonic Officer (Tools for the 21st Century Mason) (Volume 2) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Don't Give Up...Don't Ever Give Up: The Inspiration of Jimmy V--One Coach, 11 Minutes, and an Uncommon Look at the Game of Life Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1) Give Me Liberty or Give Me Obamacare Critical Care Nursing: A Holistic Approach (Critical Care Nursing: A Holistic Approach (Hudak)) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Good Health in the 21st Century: a family doctor's unconventional guide In the Company of Rilke: Why a 20th-Century

Visionary Poet Speaks So Eloquently to 21st-Century Readers (Tarcher Master Mind Editions)

Glasses No More!: Collection of powerful self-help methods to naturally improve your eyesight and restore your vision [Illustrated version] Improve Your Vision Without Glasses or Contact Lenses 28

Days to Reading Without Glasses: A Natural Method for Improving Your Vision Gay Marriage: Why

It Is Good for Gays, Good for Straights, and Good for America The Looneyspoons Collection: Good

Food, Good Health, Good Fun! Good Gifts from the Home: Soaps, Shampoos & Other Suds: Make

Beautiful Gifts to Give (or Keep) Good Gifts from the Home: Oils, Lotions, and Other Luxuries--Make

Beautiful Gifts to Give (or Keep)

[Dmca](#)